



PUMPKIN PIE parfaits

INGREDIENTS

250ml	Pumpkin puree (1 heaped cup)
½ cup	Raw unsalted cashews, soaked for 4 to 6 hours, drained and rinsed
½ cup	Unsweetened soy milk
1 tbsp	Maple syrup
1½ tsp	Cinnamon
1½ tsp	Pure vanilla extract
¼ tsp	Salt

For the parfaits:

½ cup	Unsalted pecans, toasted and crushed
-------	--------------------------------------

Coconut whip

1 can (400ml)	Reduced fat coconut milk, freeze overnight
1 tsp	Maple syrup
1 tbsp	Pure vanilla extract
1 tbsp	Lemon zest
	Pinch of salt
1 to 2 tbsp	Lemon juice, depending on thickness of your cream (optional)

METHOD

Pumpkin puree

- 01 | Peel and dice 250ml raw pumpkin.
- 02 | Steam or boil pumpkin until soft or a knife inserted does not stick to the pumpkin.
- 03 | Drain all water and blend or mash with a vegetable masher.

Coconut whip

- 01 | Scoop the coconut solids that have risen to the top of the can and spoon it into a stand mixer fitted with the whisk attachment. Make sure the solids have separated from the coconut water in the can – if it mixes, your coconut cream will not whip. Save the leftover coconut water for smoothies.
- 02 | Beat on high speed until it begins to thicken and peaks form. Don't overmix or your cream will soften too much.
- 03 | Add the maple syrup, vanilla, salt and lemon zest. Mix until combined.
- 04 | If your coconut cream is very thick, add 1 to 2 tablespoons of lemon juice, if desired. If your cream isn't thick enough for the additional liquid, skip the lemon juice.
- 05 | Chill the cream in the fridge until you're ready to serve.

Parfait

- 01 | Blend all pudding ingredients together until smooth and creamy. Transfer to a bowl and chill for 1 to 1.5 hours or overnight (the pudding will be thicker if it sets overnight).
- 02 | To assemble the parfaits, divide the pecans evenly between four small serving dishes. Add the pumpkin pudding and dollop of coconut whip to each serving.